I CLAIM:

1. An energy efficient showerhead comprising

a first housing for attachment to a main supply conduit of a shower,

said first housing having formed at a lower end a spherical member, said spherical member having a bore formed therethrough for receiving water from the supply conduit,

a regulator valve disposed within a lower portion of said bore for control of water between full flow and reduced flow,

a valve actuator having an upper concave surface complementary to and at times in slidable contact with an outer surface of said spherical member,

a second housing secured to a bottom surface of said valve actuator and operable to rotate said valve actuator about the outer surface of the spherical member,

whereby selective rotation of the second end of the housing is effective to position the valve actuator and the spherical member in a complementary relationship so as to obtain a desired temperature at a reduced flow of water discharge from the showerhead.

- 2. An energy efficient showerhead as claimed in Claim 1 wherein guide rails are disposed about and spaced from the cylindrical surface of a reduced portion of the bore of said first housing.
- 3. An energy efficient showerhead as claimed in Claim 1 wherein said regulator valve has a centrally disposed orifice extending therethrough for by-passing water from said first housing to said second housing of the showerhead.
- 4. An energy efficient showerhead as claimed in Claim 1 wherein the regulator valve is shaped in the form of a ball for slidable contact with the valve actuator.
- 5. An energy efficient showerhead as claimed in Claim 4 including a groove disposed about the ball at a lower end of the bore of the first housing for by-passing water from said first to said second housing of the showerhead.
- 6. An energy efficient showerhead as claimed in Claim 1 wherein said second housing is operable to swivel 360 degrees about said first housing.
- 7. An energy efficient showerhead as claimed in Claim 1 wherein the reduced flow of water is in the range of one half quart per minute.

8. An energy efficient showerhead comprising

an upper cylinder housing for attachment to a main supply conduit of a shower,

said upper housing having formed at a lower end a spherical member.

said spherical member having a bore formed therethrough for receiving water from the supply conduit,

- a regulator valve disposed within a lower portion of said bore for control of water between full flow and reduced flow,
- a valve actuator having an upper concave configuration complementary to and at times in slidable contact with an outer cylindrical surface of the spherical member,
- a lower housing secured to a bottom surface of said valve actuator and operable to rotate the valve actuator about the spherical member,

whereby selective rotation of the lower housing is effective to position the valve actuator and the spherical member in a complementary relationship so as to permit a reduced flow, desired temperature of water to discharge from the showerhead.

- 9. An energy efficient showerhead as claimed in Claim 1 wherein guide rails are disposed about and spaced from the cylindrical surface of the regulator valve.
- 10. An energy efficient showerhead as claimed in Claim 1 wherein said regulator valve has a centrally disposed orifice extending therethrough for by-passing water from said upper housing to said lower housing of the showerhead.
- 11. An energy efficient showerhead as claimed in Claim 1 wherein the regulator valve is shaped in the form of a ball for slidable contact with the valve actuator.
- 12. An energy efficient showerhead as claimed in Claim 4 including a groove disposed about the ball at a lower end of the bore of the upper housing for by-passing water from said upper to said lower housing of the showerhead.
- 13. An energy efficient showerhead as claimed in Claim 1 wherein said lower housing is operable to swivel 360 degrees about said upper housing.
- 14. An energy efficient showerhead as claimed in Claim 1 wherein the reduced flow of water is in the range of one half gallon per minute.

- 15. An energy efficient showerhead comprising
- a housing having a bore formed through a first end and adaptable for attachment to a main supply conduit of a shower,
- a spherical member formed at a second end of said housing and including a reduced diameter channel extension of said bore exiting at a lower end thereof,
- a regulator valve disposed in said channel for slidable movement therein,
- a valve actuator having a concave surface complementary to and at times in slidable contact with an outer surface of said spherical member, said valve actuator having a plurality of grooves formed on its concave surface,
- a second end of said housing secured to said valve actuator and operable to rotate said valve actuator about the outer surface of the spherical member,

whereby selective rotation of the second end of the housing causes the regulator valve to direct flow of water across said grooves so as to obtain a reduced flow, desired temperature of water to discharge from the showerhead.

- 16. An energy efficient showerhead as claimed in Claim 1 wherein guide rails are disposed about and spaced from the cylindrical surface of a reduced portion of the bore of said first housing.
- 17. An energy efficient showerhead as claimed in Claim 1 wherein said regulator valve has a centrally disposed orifice extending therethrough for by-passing water from said first housing to said second housing of the showerhead.
- 18. An energy efficient showerhead as claimed in Claim 1 wherein the regulator valve is shaped in the form of a ball for slidable contact with the valve actuator.
- 19. An energy efficient showerhead as claimed in Claim 4 including a groove disposed about the ball at a lower end of the bore of the first housing for by-passing water from said first to said second housing of the showerhead.
- 20. An energy efficient showerhead as claimed in Claim 1 wherein said second housing is operable to swivel 360 degrees about said first housing.